


# EGD prep

You have been scheduled for an EGD. An EGD is a procedure where a long tube with a camera on the end is inserted into your mouth and guided into your esophagus, stomach and duodenum to check for any abnormalities. You will have an IV for the procedure so that you can have sedation to make you comfortable during the procedure. Please follow your prep instructions carefully to ensure a clean colon for an accurate exam.


## PREP WEEK AT A GLANCE

5 days to procedure	<p><b>Review your prep instructions thoroughly. Review medication changes/restrictions starting today.</b></p> <ul style="list-style-type: none"><li>● Aspirin should be stopped 5 days before procedure unless instructed by physician or cardiologist to continue.</li><li>● Stop non-steroidal medication (Ibuprofen, Aleve, Naproxen, OTC pain medications) 5 days before procedure. It is safe to continue Tylenol for pain management.</li><li>● Blood thinners (<i>Plavix, Coumadin, Heparin, Lovenox, Pradaxa, etc</i>) stopped according to instructions given by your cardiologist or doctor who is managing your anticoagulation medications. Please notify them that you are having a GI procedure. If your doctor wants you to remain on the blood thinners, please notify the office before the procedure.</li><li>● <b>STOP</b> iron supplements, multivitamins, herbal supplements, fish oil, OTC health supplements 5 days before procedure. <b>Please see below</b> for further medication instructions.</li></ul> <p>Confirm the arrangements with your driver</p>
1 day to procedure	<p><b>12:00 (midnight)</b> Nothing to eat or drink after midnight</p> <p><b>Detailed, step-by-step instructions continue on page 2.</b></p>
Procedure Day	<p><b>Nothing to eat or drink.</b></p> <p><b>NO GUM OR HARD CANDY   YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</b></p> <p><b>*If you take heart, lung, blood pressure or seizure medication, you may take it with A SMALL SIP OF WATER ONLY, at least 2 hours before your procedure.</b></p>

Prep Day: **1 Day before your procedure**

Step <b>1</b>	<b>12:00 AM(Midnight)</b> the evening prior to your procedure <b>Nothing to eat or drink after midnight</b>	
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Prep Day: **The day of your procedure**

Step <b>2</b>	<b>NOTHING TO EAT OR DRINK AFTER MIDNIGHT.</b> Patients on heart, lung, blood pressure, or seizure medicine need to take their daily medication with a sip of water per their regular routine or at least 2 hours before the procedure. NOTIFY THE NURSE IN THE GI LAB WHAT MEDICATIONS YOU HAVE TAKEN TODAY.	
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Step <b>3</b>	<b>Arrive 30 minutes prior to your procedure time,</b> check in at the front desk	
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***Make sure you have a legal adult available to drive you to and after the procedure. The procedure will not be done if you do not have a driver with you. NO DRIVER ! NO PROCEDURE!***